

Total facial muscle toning and development using weighted material filled vinyl covered flexible facial weights.

ABSTRACT

The invention provides an improved flexible weighted material filled water resistant vinyl covered facial weights designed in varying sizes and shapes. Each weight is designed to fit the facial contours of targeted muscle groups to be developed. The weights are placed over the face providing resistance against the contraction of intended group of muscles to be developed. These weights are designed for total facial muscle toning and development. An exercise program consisting of 20 exercises has been designed for these specific weights.